

Vigil honours the victims of mass shooting

Community comes together to remember eight people killed in Edmonton's worst ever mass murder PAGE 3

Girl survives plane crash. leads police to wreckage

Seven-year-old might also be helpful to investigation PAGE 10

Tip for 2015: Tally up what you own, owe

If you couldn't figure out how to make your money work in 2014, consider this your chance for a fresh start PAGE 16

ONLINE FAME GIVING FELINES EXTRA LIFE **EXPERTS SAY EXPANDING** CELEBRITY OF CATS, FROM THE GRUMPY TO THE PIANO-PLAYING. IS HELPING MORE **UNWANTED KITTIES** FIND HOMES PAGE 14



Canada's Nic Petan celebrates after scoring his third goal of the game against Slovakia at the IIHF World Junior Championship in Toronto on Sunday. Petan's hat trick helped lift Canada to a 5-1 victory, securing the team a spot in the gold-medal game against Russia on Monday night. For the story, see page 22. Frank gunn/the canadian press

Signs to ease parking hunt

Core car jams. Traffic tie-ups could be eased with simple solution



JEREMY NOLAIS

If you're stopped at a red light in downtown Calgary, glance at the drivers to your left and right. Chances are at least one of you is on the hunt for a parking space.

Studies have shown that 33 per cent of Calgary's core traffic congestion is actually attributed to motorists looking to get off the roads altogether and park their

The Calgary Parking Authority does track availability for its seven downtown parkades in real time and publishes the data on its website and smartphone app. But accessing that information in a pinch can



prove problematic - or even illegal, given distracted-driving laws - for downtown commuters

and travel times. METRO FILE

The city may have a solu-

Roads boss Troy McLeod said the plan is to install message boards that would feature a directional arrow to the nearest parkade and a number indicating the upto-date count of available

"So, just like when you enter a parkade, you see the available stalls (boards). These would be put on corridors to give you directions to places that have available parking," McLeod said.

"Obviously, it won't eliminate it, but it could alleviate some of the backup with people looking for parking.

Similar signs are already used to warn motorists of construction tie-ups or detours that lie ahead, McLeod noted.

He said the ideal location for his department's new way-finding boards would be to hang them from the bottoms of Plus-15 bridges connecting downtown buildings. If those won't work, they could also be attached to the structures used to display traffic signal directions.

McLeod said the hope is to begin installing the boards in mid-2015.

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bridalfantasy.com

West of Calgary

Two dead after vehicle falls 500 feet into ravine

Two people are dead following a single-vehicle wreck west of Calgary.

Cochrane RCMP responded to the crash northwest of Highway 40, near the Ghost River Reservoir, around 4:40 a.m. Sunday, after reports of a vehicle plummeting nearly 500 feet down a ravine.

Paramedics rappelled down the embankment, where they found two men in their 20s dead at the scene, according to EMS spokesman Stuart Brideaux.

A man in his late teens was discovered waiting for help in a vehicle at the top of the embankment, Brideaux said. The victim suffered serious leg injuries, frostbite and hypothermia and was airlifted to Foothills Hospital in Calgary. JENNIFER FRIESEN/FOR METRO

Tragic start to 2015

Imam wants more done to help Somali youth

A Calgary imam says he wants to see more done to stop young Somali-Canadians from being killed following the deaths of two young men in the city during the first days of 2015.

Abdi Hersi says the most recent victim, who was found dead in an alley on Friday, came from a good family with close relations to his mosque. Hersi says the death is tragic and has left the family afraid to hold the funeral or visitation in their home because it is close to the crime scene.

THE CANADIAN PRESS

Victims of Edmonton shootings honoured

'This was a shock.'

Members of the city's Vietnamese community attend special service to remember those killed in the Dec. 29 rampage



HOLOIDAY

Tam Nguyen kneels in front of a memorial set up to honour the eight victims killed in Edmonton's worst-ever mass murder, tears falling silently down his face.

With his head bowed and hands pressed together in front of his chest, Nguyen quietly mourned his three-year-old daughter Valentina and 33-year-old wife Ha Truong on Sunday, both killed by Phu Lam in a shooting rampage on Dec. 29.

Along with his daughter and wife, Nguyen's father and mother-in-law were among the eight victims shot by Lam, 53, who later turned the gun on himself.

Nguyen was joined by more than 150 members of Edmonton's Vietnamese community at a special service hosted by the Truc Lam Temple.

"This was a shock to our Vietnamese community," said Abbot Phap Hoa to the group Sunday morning.

"We never expect this thing to happen that has happened, and this is a sign to remind all of us how to treat each other and how to



appreciate each other." Shrouded in the sweet perfume of incense, the group circled around Nguyen as he made a special tribute to the victims and their ancestors, offering bowls of vermicelli noodles and other food.

"This is our Vietnamese tradition," said Hoa. "To offer the food symbolizes our care and love and to pretend they're here with us."

Hoa said Sunday's turnwas almost double

compared to a regular ceremony.

"This shows us that we are thinking of each other, especially when someone from our community falls into a difficult time, and we will try to support them as best we can," he added.

Temple member Minh Nguyen said that, even though he's not related to the family, it's a difficult time for him as a member of the city's Vietnamese community.

"We're very shocked," he said, adding that news of the killing has spread throughout both the Canadian and American Vietnamese communities.

Cat Tuong Truong said she attends Truc Lam every week and said Sunday's memorial was meant to show

support for the families. 'We all have young children," she said. "We have three children so we understand how important (they)



metr⊕ **CALGARY**

2014 all talk but no action on downtown bike lanes

Suburbs got their share, though, Many bike lanes and other cvcling infrastructure pieces built outside the centre of the city



ROBSON

The past 12 months have seen a lot of talk about building bike lanes in downtown Calgary and a lot of action in actually building bike lanes in other parts of the city. While council delibera-

tions and public discourse in 2014 focused heavily on the proposed centre-city cycle track network, crews were redesigning roads in more far-flung parts of Cal-

That's continuing a trend seen over the past several years. Since 2011, 35 of the 36 kilometres of new bikeway (a catch-all term that includes bike lanes, cycle tracks, pathways and so on) in Calgary have been built outside the centre-city area.

Dale Čalkins of Bike Calgary - an outspoken advocate for the downtown cycletrack network that council narrowly approved in April as a pared-down pilot project after exceptionally lengthy debates — said he welcomes the city's "other, smaller infrastructure projects" that have "demonstrated a commitment to improving conditions for those cycling across Calgary.'

Not all have been thrilled, however.

When construction of the new "buffered bike lanes" on in July, it caught many area residents by surprise, and the reorganized roadway still confuses many motorists. Ward the \$550,000 project on Twitter in one, capitalized word:

Cycling co-ordinator Tom Thivener, however, noted those lanes, like most of the bike projects undertaken last year, were carried out in conjunction with regularly scheduled road resurfacing to minimize costs and disruption to

That's how the new bike lanes and a new left-turning lane in the centre of Bowness Road between 48th Avenue and 70th Street N.W. came to

October, it was met with imsome motorists.

Coun. Ward Sutherland Bowness residents also welcomed the changes as a trafficcalming measure and urged patience from all involved as motorists get used to the new traffic patterns.

also added to Sunmills Drive

Northland Drive N.W. began 4 Coun. Sean Chu described "WASTE!"

The redesign of that curved stretch of roadway was done in conjunction with the pouring of new asphalt and, when the finished road opened in mediate frustration from

noted, however, that many

On-street bike lanes were



A cyclist rides on newly painted bike lanes along Bowness Road N.W. in October. Inset: this newly created turn box for cyclists opened in December at the intersection of 10th Street at 3rd Avenue N.W. as part of larger upgrades, including full signal lights, to the intersection that had been a point of confusion for cyclists, motorists and pedestrians. ROBSON FLETCHER/METRO; INSET: CITY OF CALGARY/FACEBOOK

between Sunbank Road and Sunlake Road S.E. in 2014, one of several traffic-calming measures undertaken in that community after persistent complaints about speeding and cut-through traffic.

Last year also saw construction of new bike lanes wrap up on Brentwood Road between Brisebois Drive and Charleswood Drive N.W., connecting cyclists to the existing bike lane on 40th Avenue to the north and the Charleswood Drive pathway to the

Then, in December, a new bike "turn box" was added to 10th Street at 3rd Avenue N.W. as part of upgrades to the much-maligned intersection that include the installation of full signal lights.

They've got a Plan

City of Calgary cycling co-ordinator Tom Thivener noted most of these projects fall under the broad direction set out in Calgary's Pathways and Bikeways Implementation Plan.

• That massive document was adopted 14 years ago by city council and lays out proposed infrastructure for cycling and recreational transportation in and around the city.





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CALGARY



Cycling off to slow start in 2015: Data

Peace Bridge. Bike counts dip with the temperature Saturday, with just 32 bike trips recorded, compared to 101 on Friday



Cycling is off to a slow start in the frigid first days of 2015, according to newly published data from the automated bike counter on Calgary's Peace Bridge.

The metal-detecting device embedded beneath the concrete on the span over the Bow River recorded just 93 bike trips on New Year's Day and 101 trips on Jan. 2.

On Jan. 3, when snow fell across the city and the daytime high reached only -18.5 C, the device recorded just 32 bike trips over the bridge — the fewest on record for any single day so far.

The automated counter started recording bike trips in April 2014, but the city just began publishing the daily data online as of January.

Cycling co-ordinator Tom

Automated data

32

The number of bike trips recorded on the Peace Bridge on Jan. 3, marking the fewest daily trips since automated data gathering began on April 24, 2014

Thivener said the detailed data shows a strong correlation between weather events and the number of people out riding.

"We can see what happens when we get a snowstorm, we can see what happens a few days after when things start to clear up," he said. "So it's pretty

exciting to see the trends and I think Calgarians are looking for that information because they've seen other cities do it."

Ottawa posts similar bike counts online from its Laurier Avenue cycle track, using the same company, EcoCounter, that Calgary has hired to record and publish data.

Since April 24, 2014, the Peace Bridge counter has recorded more than 326,000 bike trips, with an average weekday count of 1,381.

July 1 was the most popular day for cycling on record so far, with 3,465 bikes counted — more than 100 times the number recorded on Jan. 3.

Cycling debate bigger than budget: Advocate

Calgary's municipal discourse in 2014 was overly dominated by arguments over bike counts, data-collection methods and bicycle infrastructure in general, given their relatively small impact on overall city operations, say cycling advocates.

"The cycling budget is a tiny portion of our transportation budget," Coun. Druh Farrell said during the last transportation committee meeting of the year. "And we have —

Quoted

"We've needed to justify this beyond what's reasonable, in my view. But it's new and it's foreign so I can understand that."

Coun. Druh Farrell on city council's deliberations over cycling issues in 2014

like we do with many things
— focused on that tiny portion
rather than the billions of dollars we spend in other areas."

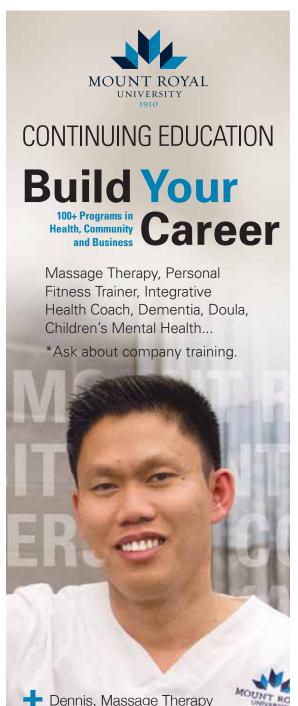
The Centre City Cycle Track Network, she noted, is projected to cost a total of \$7 million to design, build and install this year, yet it saw more council deliberation in 2014 than virtually any other transportation topic.

Calgary's transportation operating budget for 2015 is \$642 million and its capital budget is \$834 million.

Dale Calkins of Bike Calgary also lamented how council often re-debated previously agreed upon cycling issues in 2014

"The politicking surrounding cycling in Calgary has often been divisive and has detracted from meeting councilapproved policies," he said.

ROBSON FLETCHER/METRO



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Microcredit firm gives struggling newcomers Momentum to succeed

'Solid investment'.

External report shows average participant's income grew by 250 per cent, median income increased from \$17K to \$30K

JENNIFER FRIESEN

calgary@metronews.ca

All Javier Carrascal wanted when he moved to Canada in 2004 was a place he and his family could call their own.

Eleven years later, he's made his dream a reality with the support of local microcredit agency Momentum.

Momentum has helped struggling Calgarians launch their own businesses since 1998 and last month released an external report gauging the impact on participants in order to make a case for continued funding.

Carrascal was forced from his home in Columbia after threats from an illegal army group. Upon arrival in Calgary, Carrascal, his pregnant wife and four kids moved into subsidized housing, relying solely



on government payments.
"It was very (little) money,"

"It was very (little) money," he said. "I need to work for my family, and the tiny house was not good for the four children." Carrascal joined the Self Employment Program at Momentum in 2007, and within five months he launched Skylark Cleaning Services. Two years later, he bought his spacious dream home.

"They motivated me a lot," said Carrascal. "They told me that if I am hard-working, I can succeed in Calgary."

Momentum executive director Donna McBride said they weren't sure if the government would fulfil their current funding contracts and wanted the report to show Momentum is a "solid investment."

The evaluation, completed by the University of Calgary, shows the average participant's income grew by 250 per cent and the median income increased from \$17,000 to \$30,000.

By the end of December, McBride received word that the federal and provincial governments would fulfil their current contracts and fund the program for an additional year.

"We really believe that this is one of the best ways for people to move out of poverty," said McBride.

erty," said McBride.

The agency offers a 10-week training program on self-employment for people living in poverty and sets up microloans for participants to launch their businesses.

Health

Calgarians live longer, healthier lives than other Canadians: CIHI

As many Calgarians resolve to live healthier lives in 2015, statistics from the Canadian Institute for Health Information show city residents are already ahead of the national average in "physical, mental and social health and wellbeing."

The Calgary health zone scores above Canada, as a whole, in eight of nine health-status categories.

Life expectancy at birth, for example, stands at 82.3 years for people living in Calgary and area, compared to the national average of 81.1 years. The Calgary area also sees far fewer heart attacks: 151 hospitalized cases per 100,000 people compared to 207 nationally.

The only health-status measure where Calgary doesn't score above the Canadian average is hospitalized strokes, where it ties the national mark of 118 cases per 100,000 people.

The fact that Calgarians are younger, on average, than other Canadians is likely related to the city's stronger health outcomes, according to Dr. Francois Belanger, AHS vice-president and medical director for central and southern Alberta. "That is part of it, but Albertans are also living longer," Belanger said. "As we age, we depend more on the health-care system."

ROBSON FLETCHER/METRO

Quoted

"They motivated me a lot. They told me that if I am hard-working, I can succeed in Calgary."

Javier Carrascal, who joined the Self Employment Program at Momentum in 2007



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Edmonton Polar Plunge draws record numbers

An extreme cold alert with temperatures in the -20 C range didn't stop Edmonton police officers Katlyn Prins, left, and Tania Ferguson, right, from taking a Polar Plunge for the Special Olympics on Sunday in Edmonton. The annual event drew the largest number of participants in its history and raised \$15,000 for athletes. RYAN TUMILITY/METRO IN EDMONTON

Ottawa's promo costs soar for nation's 150th birthday

\$12 million. The figure is based solely on ad and promotion costs, and is \$5 million more than the government said it would spend

Talk about an expensive birthday party invitation: Recentlyreleased federal spending figures show advertising promoting Canada's 150th birthday two years from now — has cost nearly \$12 million so far.

That's \$5 million more than the government had said last fall it was spending on Canada 150 advertising, because it's now including other programs as part of the party.

An estimated \$6.5 million is being spent producing and running ads about the Charlottetown and Quebec conferences currently running on social media and mainstream media channels clearly tagged as being connected to the anniversary.

Spending questions

The cost of the ads was published in an answer to an order paper question posed by the Liberals in which they asked for spending on Canada 150 advertising by department between 2010 and 2020.

Only the Canadian Heritage Department had figures to share, and they detail spending until the 2014-2015 fiscal year; the documents say spending after that is not available.

But the Conservatives are also bundling their campaign marking the bicentennial of the War of 1812 under the Canada 150 banner, adding the \$5.2 million already spent on that to the cost of advertising upcoming national birthday celebrations.

The War of 1812 ad campaign was the first of a series along the road to 2017, said Marisa Monnin, a spokeswoman for Heritage Minister Shelley Glover.

"Through these advertising campaigns, the government of Canada will encourage Canadians to learn more about their history, commemorate events, celebrate accomplish-

ments and honour people that helped shape what Canada is today," she said in an email.

Liberal heritage critic Stephane Dion said the ad buy seems like a case of the government seeking to burnish its image. While government officials are running ads, they've yet to unveil any actual events to mark the milestone, he said.

"It's a manipulative government and they blur the line between governmental information and partisan ads," he said.

Monnin says the plans are in the works, but didn't disclose details.

The Conservatives have long been attacked for using government ads in a partisan manner; one sore spot was the \$2.5 million spent advertising an apprenticeship program before the program was even official.

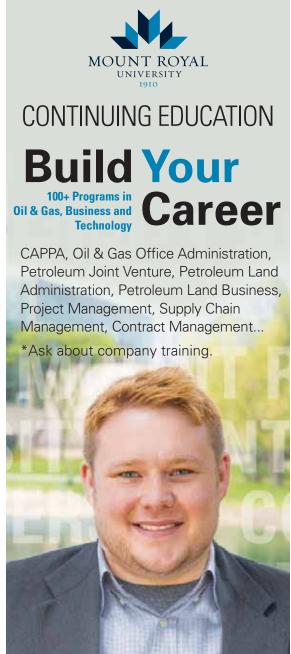
The Treasury Board, which oversees government operations, maintains rules on government communications which specify they must be non-partisan. It's the responsibility of bureaucrats, not politicians, to ensure government ads comply, said Treasury Board President Tony Clement.

While in Ontario, the provincial auditor general reviews government ads before publication to ensure their political neutrality, no such rules are in place at the federal level, though the Liberals have introduced a private member's bill on the subject.

The extent to which the government has used federal funds to promote itself is a violation of the democratic process, said NDP ethics critic Charlie Angus.

"There are rules, but the problem is that this government believes that rules are for other people," he said.

THE CANADIAN PRESS



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metre 8 CANADA metronews.ca Monday, January 5, 2015

Bill Cosby's Ontario shows set to go ahead despite controversy

Sex abuse allegations.

Comedian is scheduled to perform in Kitchener, London and Hamilton on Jan. 7, 8 and 9

Maureen Dragasevich still has fond memories of gathering with her family to listen to Bill Cosby's jokes as a kid. When she heard the comedian would be performing in Ontario, she and her siblings bought tickets to a show as a birthday present for their father, all in an attempt to relive what was once a family tradition.

But after a flood of sexual abuse allegations against Cosby in recent weeks, Dragasevich and her family have decided not to attend the performance, joining a growing number who are speaking out against his three scheduled appearances in Canada.

"Given the fact that he's played Mr. Jell-O Pudding and Dr. Huxtable, I think we kind of find it harder to believe," said the 59-year-old Aurora, Ont., resident.

"But we hold him accountable for his behaviour and his

behaviour is disgusting."

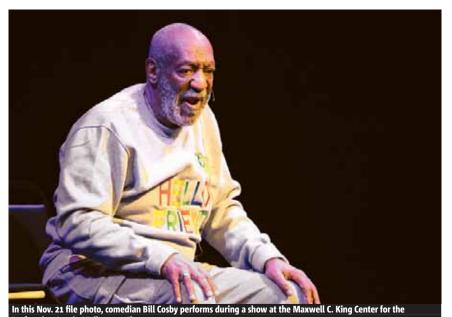
Cosby, who is in the midst of a standup concert tour, has had to deal with the cancellation or postponement of at least 10 of his shows as the scandal continues to swirl, but his appearances in three Ontario cities seem set to go ahead, despite local opposition.

Cosby is set to perform in Kitchener on Jan. 7, London on Jan. 8 and Hamilton on Jan. 9.

The Ontario venues hosting Cosby have said his shows are being handled entirely by an external agent, which has indicated the events are still going ahead. The Ontario venues have also emphasized their contractual obligations to allow the shows to continue.

One venue — Kitchener's Centre In The Square, where the first show is set to take place — addressed residents' anger directly.

"While we may personally share concerns raised by the community, if The Centre forces a cancellation of this rental show it isn't simply a situation of giving back the rent," it said in a blog post, noting that it would also need to pay any "guarantee fee" to Cosby, compensate the promoter



for box office losses and show

expenses, and refund patrons.

After noting the venue's stance, a handful of Kitchener residents came up with a way

to demonstrate their oppos-

ition by holding an alternative

event, which will run at the same time as Cosby's show, with proceeds going to two women's crisis support centres in the region.

"Too often we fail survivors of sexual assault, we shame them, we blame them, we doubt their experiences and so it's in moments like this that we have an opportunity to stand in support of survivors in our community," said Sara Casselman, a spokeswoman

Allegations of abuse

Cosby's image has been pummelled in recent weeks by a flurry of allegations that he drugged women and sexually assaulted them, with some accusations dating back to the 1970s.

He has never been criminally charged in connection with the accusations, and his lawyer has denied many of them. Cosby also settled a lawsuit in 2005 with a Pennsylvania woman who said he drugged and fondled her.

for the Sexual Assault Support Centre of Waterloo Region, which will be benefiting from the event.

The event — called Voices Carry — was triggered by a local broadcaster musing on Twitter about whether an alternative fundraiser could be pulled together. Those who have purchased tickets to Cosby's show can gain free admission.

Čosby's representatives did not respond to a request for comment. THE CANADIAN PRESS

Dalhousie profs file complaint against dentistry students

A Dalhousie University faculty member, who has filed a complaint with three other professors over male students who allegedly posted sexually hateful messages online about women, says she was acting on behalf of other students who feel more needs to be done.

Francoise Baylis of the university's medical school said Sunday that the professors filed a formal complaint under the students' code of conduct to Anne Forrestall, the school's acting vice-provost of student affairs, on Dec.

21 and hand-delivered a print copy the following day.

She says the complaint asks that the dentistry students involved in the Facebook group where misogynistic comments were allegedly posted be suspended on an interim basis prior to the return of classes on Monday.

Baylis said the professors have heard from students who are not satisfied with the current informal restorative justice process.

"We are deeply committed to creating a situation whereby no individual student would have to put themselves at risk if they wanted to bring forward a complaint," she said in a phone interview on Sunday.

"As people at the university with a faculty appointment, it seemed like a reasonable thing for us to do, to make sure no student would themselves have to feel obliged to make that complaint ... and no student thereafter would bear any negative consequences for having attempted to bring forward a formal complaint."

The three other professors

who signed the complaint are Jocelyn Downie of Law and Medicine, Brian Noble of the faculty of Arts and Sciences, and Jacqueline Warwick of the faculty of Arts and Sciences, Gender and Women's studies

Baylis said the effects of the hateful messages extend beyond those directly involved in the school of dentistry.

She says the professors are concerned because the complaint has not been addressed by administration. She says the group initially wanted to keep their names confiden-

In detail

University president Richard Florizone has said 13 men in the fourth-year of the dentistry program were members of a Facebook group where comments were posted. The page has since been taken down.

 According to the CBC, members of the Class of DDS Gentlemen page on

tial, but decided to go public because of the delays in proFacebook voted on which woman they'd like to have "hate" sex with and joked about using chloroform on women.

In another post, a woman is shown in a bikini with a caption that says, "Bang until stress is relieved or unconscious (girl)."

cessing the complaint.

THE CANADIAN PRESS

Mont Ste. Marie, Que.

Skiers rescued after being stranded on broken chairlift

Dozens of skiers and snowboarders had to be rescued after being trapped on a broken chairlift at a ski resort near Ottawa on Saturday. Bob Sudermann, co-owner of the Mont Ste. Marie resort in Lac-Sainte-Marie, Que., says the chairlift had mechanical issues and was shut down

Sudermann says all 80 riders were rescued from the lift shortly before 4 p.m. by resort staff and members of the Canadian Ski Patrol.

With cold temperatures

in the forecast, management was concerned about the health of the stranded riders and worked quickly to get them back on the ground.

It was -12 C on Mount St. Mary's on Saturday and with the wind chill, it felt more like -21 C. The ski centre was expected to be open again on Sunday morning.

THE CANADIAN PRESS

Barrie, Ont.

Rental car seized in drug bust after collision

A central Ontario man is going to have a tough time explaining this one to the car rental agency.

Police say the 36-year-old

Barrie, Ont., man was involved in a minor collision on Saturday.

Barrie police say that when officers arrived it's alleged they found crack cocaine and a pipe.

The driver was charged with possession of a narcotic and impaired driving and police say the rental vehicle he was driving was confiscated and will be held for 45 days.

And investigators say the accused man's girlfriend became upset over his arrest and allegedly opened the police cruiser door in an attempt to free her boyfriend.

The 31-year-old woman is facing a charge of obstructing police.

THE CANADIAN PRESS

Canadian vehicle recalls reach new high in 2014

Safety concerns. More than eight million vehicles affected, for issues ranging from ignition switch woes to unsafe airbags

Canadian auto recalls hit an all-time high last year, with more than eight million vehicles affected as several high-profile problems with faulty airbags and ignition switches brought safety issues to the forefront.

Automakers issued nearly 600 recall notices on Canadian vehicles in 2014, according to data from Transport Canada.

The previous record for the highest number was set Quoted

"(Automakers) started to do some housecleaning. And people with skeletons in the closet and bodies in the basement have been pulling them out."

George Iny, president of the Automobile Protection Association, on automakers coming

in 2010, when automakers issued 468 recall notices affecting 1.5 million products, including vehicles, car seats and tires. But the total number of vehicles affected was higher in 2013, when manufacturers recalled two million products, despite the total recall notices being lower at 466, according to a Canadian Press analysis.

Industry observers say automakers are issuing recalls en masse in an attempt to prevent future problems, after defective ignition switches led to numerous crashes, at least 58 injuries and 42 deaths. GM recalled 2.6 million vehicles worldwide due to the problem, including roughly 368,000 in Canada, but faced criticism for waiting 11 years to do so. The company is now facing several lawsuits.

"ĞM was in a pickle and nobody else wanted to be the new GM," said George Iny, president of the Automobile Protection Association.

"So they started to do some housecleaning. And people with skeletons in the closet and bodies in the basement have been pulling them out."

Among last year's highprofile recalls were 700,000 Honda Canada vehicles, over potentially exploding airbags produced by Japanese parts maker Takata Corp. Roughly 14 million vehicles made by 10 different automakers have been recalled worldwide as a resulf.

At least five people have died in accidents involving the airbags, which can explode with too much force, blowing apart and spewing shrapnel everywhere. Four of the people who died were in the United States and one was in Malaysia. THE CANADIAN PRESS

The 'Year in Book' club

Facebook CEO to read a new book every other week

Mark Zuckerberg announced on his Facebook page recently that he will read a book every other week in 2015, with an emphasis on learning about different beliefs and cultures.

The Facebook founder and CEO urged his friends to join him in the project. As of Sunday, his 'Year in Book' page had more than 89,000 likes. The first book in his program, Moises Naim's The End of Power, was out of stock Sunday on Amazon.com and had a sales ranking of No. 203.

THE ASSOCIATED PRESS



Detroit workers build an unusual home

An unconventional home takes shape inside General Motors' Detroit-Hamtramck Assembly plant in Detroit, intended to be part of a movement to rebuild the city's economy and deteriorating, disappearing housing stock. Skilled-trades workers from the Chevrolet Volt factory are doing all the framing, electrical and plumbing work. The 40-foot-long former container will feature 320 square feet of living space, with two bedrooms, a bathroom and a kitchen, and will serve as home base for university-student caretakers of a neighbourhood farm and agricultural research activities. CARLOS GOSDIO/THE ASSOCIATED PRESS

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or call your travel agent.

Traders hopeful for a strong start to 2015



on the floor at the New York Stock

Exchange in New York on Dec. 31,

2014, the last trading day of the

Vear. SETH WENIG/THE ASSOCIATED PRESS

Despite some end-of-year declines, investors appear eager to build on the overall gains of 2014 as markets begin their first full week of trading in the new year.

"Traders will probably be shaking off the doom and gloom of the last couple of weeks and starting the year fresh and with a better perspective," says Paul Vaillancourt, executive vice-president of private wealth at Calgary-based Fiera Capital.

On the Toronto Stock Exchange, the mood improved early as the TSX rebounded to a triple-digit gain on Friday

after closing out 2014 with a small decline on Wednesday.

The TSX ended 2014 in positive territory, up seven per cent overall, although down from its highs of the year and an almost 10 per cent advance in 2013.

On Friday, the S&P/TSX composite index finished the first trading day of the year up 121.21 points at 14,753.65.

Vaillancourt said that a lot of what will be driving equity markets in 2015 is an anticipated strong performance from the U.S. economy, which seems on track with its recovery.

This will likely lead to a similarly positive showing in the Canadian economy and may be enough to offset the plunge in crude prices, should it continue.

"The U.S. economy is going to continue its strong leadership and our view is that Canada will benefit on the export side ... manufacturing and so on," he said.

Although slightly down Friday, New York markets finished strong with the Dow ending with a 7.5 per cent year-over-year increase, while Nasdaq posted a 13.4 per cent increase. THE CANADIAN PRESS



*Some restrictions apply.

Child crash survivor helps investigation

'One remarkable young lady.' Sailor Gutzler treated at Kentucky hospital and released to relative

Sailor Gutzler, a seven-yearold girl who survived a plane crash in western Kentucky, walked a mile through the cold, dark woods to safety and then helped authorities locate the wreckage and remains of her family, may not be done helping investigators.

National Transportation Safety Board (NTSB) investigator Heidi Moats said Sunday that Sailor is "one remarkable young lady" and she might be able to assist them with determining what brought the plane down. It is rare for someone to survive a small-plane crash, and Moats aid they want to talk to Sailor about it.

It's not clear when investigators might talk to Sailor, who despite being bloodied and suffering a broken wrist, pulled herself from the wreckage and walked to the nearest home.

She was dressed for Florida, where her family had been visiting, and was wearing shorts, a short-sleeve shirt and only one sock when she found a home about a mile from the crash site. Authorities said she walked through thick woods and briar patches in near-freezing temperatures.

"She absolutely went to the nearest house that she could have," Kentucky State Police Lt. Brent White said. "But it was still a considerable feat for her to do that."

The remains of the Piper PA-34 plane were moved Sunday so officials with the NTSB can inspect it. They haven't discussed any possibilities of what brought the plane down or how Sailor survived.

The agency will issue a preliminary report in about 10 days, Moats said at a news conference in Eddyville, Ky.

Sailor was treated at a hospital and released to a relative Saturday.

Sailor walked to the home of 71-year-old Larry Wilkins, who answered her knock at the door and called police. Wilkins said the girl was crying and covered in blood.

"She told me that her mom and dad were dead and she had been in a plane crash and the plane was upside down," Wilkins said.

Sailor was alert and able to point emergency workers looking for the plane in the right direction, said Lyon County Judge executive Wade White, who arrived at the crash site.

The Friday night crash killed Sailor's parents, Marty Gutzler, 48; and his wife, Kimberly Gutzler, 46; Sailor's sister, Piper Gutzler, 9; and a cousin, Sierra Wilder, 14. All were from Nashville, Illinois

White said the father's body was "the last one they pulled out because of how deep he was buried."

THE ASSOCIATED PRESS



NYPD officers turn backs during mayor's eulogy at funeral

A lone police officer stands front as other colleagues turn their backs while Mayor Bill de Blasio speaks during the funeral of New York Police Department officer Wenjian Liu at Aievoli Funeral Home, Sunday, in the Brooklyn borough of New York. Liu and his partner, officer Rafael Ramos, were killed Dec. 20 as they sat in their patrol car on a Brooklyn street. The shooter, Ismaaiyl Brinsley, later killed himself. The show of disrespect toward Mayor de Blasio added to tensions between the mayor and rank-and-file police even as he sought to quiet them. JOHN MINCHILLO/THE ASSOCIATED PRESS

Eight missing as ship capsizes off Scotland

British rescue teams searched Sunday for eight missing crew members from a cargo ship that capsized north of Scotland.

Searchers on two helicopters and four lifeboats were looking for survivors from the bulk carrier Cemfjord, which was carrying cement from Aalborg, Denmark, to

Runcorn on England's west coast. A passing ferry in the Pentland Firth off Scotland spotted the upturned hull of the Cyprus-flagged ship Saturday.

The hull sunk below the water Sunday and the 83-metre vessel was no longer visible, the Maritime and Coastguard Agency said. Tony Redding, a spokesman for the German shipping company that operated the vessel, said there had been no distress signal from the ship and that the last communication with the vessel was routine.

The company said seven of the crew members were Polish and one was a Filipino.

Another cargo ship — a car carrier — ran aground in the Solent between Southampton and the Isle of Wight on Saturday. Officials said 25 crew members were rescued, but the ship remained grounded Sunday, listing at 45 degrees.

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VOICES

WANTED: TRUE WESTERN HOSPITALITY

2014 was rife with a Not In My Back Yard! (NIMBY) mentality, but everyone has a role in making Calgary a place of welcome in 2015



In 2015, Calgary needs to shake the nasty NIMBYism that flourished here last year.

For a city that likes to talk up our "warm western hospitality" during Stampede, we frequently displayed its opposite throughout the rest of the year: cold inhospitality, sometimes verging on cruelty.

From residents suing to keep a badly needed special-needs school out of their neighbourhood to city councillors insinuating that renters befoul otherwise good communities, the year was not particularly marked by civic generosity of spirit.

In many ways it felt like the inverse of 2013, with its post-flood surge of neighbour-

ly heroism and kindness. Somehow we went from that to the year of NIMBY.

You couldn't turn around in 2014 without hearing some group somewhere complain about a new school or a housing development or even a new playground.

If you're like me, your first impulse is to blame those narrow-minded NIMBY folks for being so bloody selfish. They're the problem. They need to change.

Looking at it that way — black and white, us and them — might feel briefly satisfying but it's counterproductive.

A recent example is illustrative. In 2012, the Drop-In Centre bought the Quality Inn at Edmonton Trail and McKnight Boulevard with the aim of converting it into low-income housing. The DI instantly ran into resistance from angry locals in Greenview,

who were perturbed by the project's large scale and poor communication from the DI.

In the time since, the DI has managed to alienate pretty much everyone with the project. Last year, the province rescinded a grant after the plans expanded from 46 to 120 units.

Those who have spoken out against the plan now include the mayor, the local community association and the CEO of the Canadian Alliance to End Homelessness, Tim Richter, who recently said on Twitter that the "project is a dog."

the "project is a dog."

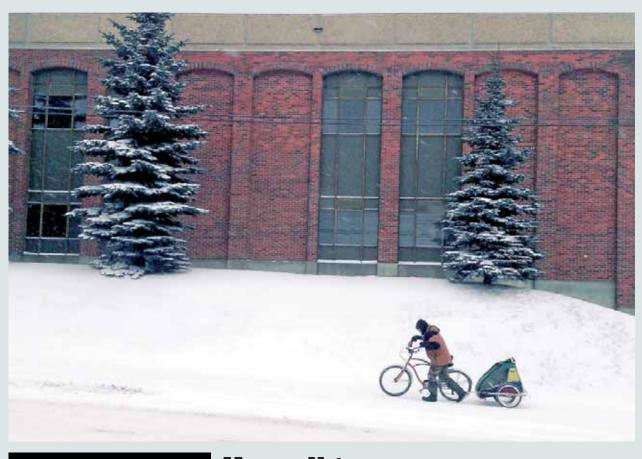
Most recently, the Calgary Homeless
Foundation has publicly spoken out against it, advising the DI to walk away because the project is unsuitable for the site and is creating ill will toward other affordable-housing projects elsewhere in the city.

So, is the problem that Greenview residents are just a bunch of selfish NIMBY people? It seems there's more to it than that.

Similarly, when the Calgary Board of Education (CBE) decided to move Christine Miekle School into the neighbourhood of Varsity, it could have done a better job of giving residents a heads-up on the plans.

With a little more forethought, consideration and communication, organizations like the CBE and the DI can stave off NIMBYism—at least some of it, if not all—before it gets out of hand.

The new year is a good opportunity for all of us to reflect on how we can make our city more hospitable. Putting all the blame on NIMBYs is too easy. Each of us, individuals and organizations alike, have a role in making Calgary a place of welcome.



Your Calgary

Photo submitted by reader Morgan Worth

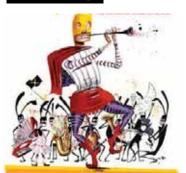
Man vs. Nature

Calgary photographer Morgan Worth calls this photo, shot Saturday in Bridgeland, "Uphill Battle."

Morgan says it shows determination, even in snowy, freezing cold conditions. It takes a pretty determined person to be out shooting photos in this weather, too, Morgan. CONTRIBUTED

SEE YOUR SHOT HERE: Send us high-resolution snaps of your city to readers@metronews.ca

Upcoming



Calgary's other rodeo is also High Performance

The 29th annual High Performance Rodeo hits Calgary again this Wednesday. The month-long event will feature theatre, comedy and dance — and there's even the promise of wine on the last day.

Daily events for the largest performing-arts festival in Western Canada will pop up in venues across the city, including Vertigo Theatre, Lunchbox Theatre and Jack Singer Concert Hall.

The festival kicks off at Max Bell Theatre on Wednesday with Chelsea Hotel: The Songs of Leonard Cohen. Six Vancouver-based artists will play a 17-instrument tribute to Cohen.

The month is packed with a variety of performances, including Alanna Mitchell's one-woman show titled Sea Sick and the 10-Minute Play Festival in which indie theatre groups will write and perform a 10-minute play in just 24 hours.

The festival takes place Jan. 7 to Feb. 1. Tickets can be purchased in person, over the phone or online at HPRodeo.ca and epcorcentre.org.

JENNIFER FRIESEN/FOR METRO



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'Special' Gwyneth is tired of taking care of everybody else

In case anyone was wondering, Gwyneth Paltrow has some more details about her "conscious uncoupling" from husband Chris Martin last year, conveniently contained in a nice, neat Marie Clare feature inter-

The biggest revelation? It turns out we were all

just expecting too much from Paltrow, who really just needed some Me Time.

"I had built my life on trying to be all things to all people, and I just couldn't do it anymore," Paltrow tells the magazine.

"I really had the sense that I wasn't allowed to have needs, and I had to prove my specialness or self-worth by doing all this stuff and taking care of everybody else. And I just sort of hit a wall."

I'd rather not kick off the year psychoanalyzing a mondo-sized case of perceived social martyrdom, so, instead, I'll just say, glad you're feeling better, Ms. Paltrow. You do you.

Former Third Rock alien secretly marries founder of a futuristic robot firm

It turns out that Inception star Joseph Gordon-Levitt is a master at stealth celebrity.

Not only has he had a serious girlfriend for quite some time, but they even went and got married when nobody was looking. Gordon-Levitt and Tasha Mc-Cauley were wed in a private ceremony at an L.A. home before Christmas.

Oh, and his now-wife is actually a lot cooler than he is. McCauley is a futurist and the CEO and co-founder of robotics company Fellow Robots. A robotics company!



Feminist storm is brewing between Kaley and Leighton

We're kicking off the New Year with a continuing debate on what a feminist is and who wants to be one.

Awesome sauce!

First up, Kaley Cuoco-Sweeting, responding to a Redbook query about whether she considers herself a feminist with, "Is it bad if I say no? I was never that feminist girl demanding equality, but maybe that's because I've never really faced inequality." Perceptive, that.

But former Gossip Girl star Leighton Meester was posed the very same question during a radio interview and replied, "Yeah ... It's something that I think all people should say about themselves."

You hear that, Kaley? All people. You just going to sit there and take that?









metr⊕ **DIGITAL**



Boyhood

Director. Richard Linklater

Stars. Patricia Arquette, Ethan Hawke

Richard Linklater's coming-of-life masterpiece, my pick for the best film of 2014, is narrative drama that unfolds like documentary truth.

In 2002, the Texas writer-director began filming the previously unknown Ellar Coltrane, then seven years old. Linklater kept filming him for the next 12 years as Ellar grew from child to man, navigating the victories and defeats of ordinary life: girls, school, work, drugs, first kisses, shattered dreams.

The saga runs 164 minutes that flash by the way our lives often seem to. Ellar plays Texas lad Mason, who is trying to grow up normally in a family tested by divorce, alcoholism and other life stresses.

are Mason's estranged lad's precocious older sister. Unlike other films that grapple with the passage of time, these actors add and drop weight, change hairstyles and fashions, and go through different phases of

ally transform

before our eyes.

At one point in Boyhood, Mason Jr. asks his father if there is really such a thing as magic in the world. No words are necessary. The truth is plain to see up on the big screen, in a movie the likes of which you won't see again anytime soon.

Cats and social media — a purr-fect fit

Kitties cash in. Felines' new-found Internet fame is helping shelters place more of their unwanted cats

Cats these days aren't associated with deities the way they were in ancient Egypt, but the Internet has gotten them a

We adore Nora the pianoplaying cat. We chuckle as a comical feline named Maru leaps into cardboard boxes.

We revel in Grumpy Cat's permanently sour expression. And with millions watching videos of other kitties getting tongue baths from horses and playing peekaboo with their owners, cats have become online stars.

For feline fans, it's a sea change. In the affections of North Americans, cats often get short shrift compared with dogs. Some see cats as aloof,



The Internet has created a vast audience of polives, animal welfare organizations are reaching out to an audience addicted to cat videos. Shelters use social media to promote everything from adoption campaigns to free vaccinations, spaying and neutering.

Although there are no comprehensive nationwide statistics, recent studies of targeted communities and available data indicate increases in animal shelters releasing cats to owners or rescue agencies that guarantee adoption.

In one of the studies, conducted by the American Society for the Prevention of Cruelty to Animals, shelters and rescue organizations in six areas from Florida to Washington state supplied data from 2007

Overall, the rates for dogs and cats released to people or agencies rose from 41 per cent to 65 per cent. Cats showed a whopping 111 per cent boost.

It's difficult to pinpoint how much of this good news stems from the Internet, but many

online campaigns have seen

A year ago, just before Christmas, the Dumb Friends League in Denver posted a photo and story on Facebook of an 11-year-old cat that had been in its shelter for nearly eight months. Older cats like Ripley are often overlooked by potential adopters.

For her online appearance, Ripley donned a tiny Santa suit. The posting got hundreds of shares and "likes" and netted her a new home, said Megan Rees, spokeswoman for the organization.

The organization has increased its adoption rate of adult cats by 13 per cent over the past year, with help from its website, Facebook and Twit-

As viewers keep returning to videos of Nora pawing the ivories and Maru running and sliding into cardboard boxes, they are strengthening their bond with the feline species.

"There's something quite fascinating and fun about cat videos," says Dr. Emily Weiss, senior director of research and development for the ASPCA. "What's more compelling than some random compilation of cats doing stuff like knocking

THE ASSOCIATED PRESS



poor companions and indiftential adopters. To save pets' ferent to attention that dogs

based foundation that works to save pets' lives. Social media, she says, "is revolutionizing how we help animals."

Gaming. Saudi character coming to Tekken 7

Tekken director Katsuhiro checked Harada unveiled a new character for March 2015 fighting game Tekken 7, a new

Actors Ethan Hawke and Patricia Arquette addition to the 21-plus roster for the latest parents, while Linklater's in a long-rundaughter Lorelei plays the ning series. Shaheen stands in smart casual dress — a life. They magic-

headscarf with thick black circular cord resting atop of it, a stylized overgarment, embroidered sleeves and cloak, and chunky, pale blue trousers paired with pointed black

His personal background is unknown, but jeweled rings, a large ornamental brooch, and golden motifs adorning cloak and top can be taken to imply wealth and power.

Harada posted the image to Twitter, Facebook and Japanese social networking site Twipple.

The character was first shown as a concept art mock-up in August 2014, with Harada developing a dialogue with fans over the creation of several new char-

The inclusion of a Saudi character builds on the introduction of Modern Oasis in 2012 console release Tekken Tag Tournament 2, a Saudi Arabian backdrop that took its place alongside other stages from around

Start 2015 off by exploring great literary works, epic sci-fi films and an island-hopping adventure

The Secret Life of Books

By. The Open University

iPad



This is a chance to explore the original handwritten manu-

scripts and first editions of six literary classics including the novels of Jane Eyre, Charles Dickens, Mary Shelley, and William Shakespeare. Based on the BBC TV series, this interactive book includes virtual rooms, links to online resources, and most compelling, video tours of the rarest of research

BFISci-Fi: Days of Fear and Wonder

iPad Free

> Explore 60 of the greatest science-fiction films of all time in this art book analysis that includes clips, trivia, images, and timeline connections which reveal influences between different films.



MIND THE @RealKrisAhel



Name. Seabeard

For. iPhone/iPad

Rated. 4+

Comparisons between Seabeard and Animal Crossing are unavoidable, but in this case prove positive as the islandhopping adventure borrows Nintendo's childlike sense of wonder to create something very distinct. With gorgeous, charming visuals, you sail between islands via sea creature mini-games to complete daily tasks.

Revisit a decade of friendship in just one episode per season

Streaming. Friends is now on Netflix, and here are our choices for the best episode to watch from each of the show's 10 seasons

WEIDENFELD
Metro in Boston

Friends is now at your fingertips, as Netflix released the entire series on Dec. 31. But where to start? Here are our picks for the top episodes, season by season.

Season 1: The first season is mostly appealing because of how adorably young everyone looks. We say, start things off with a bang, and go ahead and try the pilot.

Season 2: This is where the show really starts to hit its

stride. But if you have to pick just one classic, we say go with The One with the Prom Video, where Ross and Rachel first get together, thus embarking on one of television's most famous (if often mocked) relationships.

Season 3: Hope you enjoyed Ross and Rachel together! By the end of this season, they've already broken up, after the infamous "we were on a break" fight. Instead of diving into heartbreak, pick an episode from earlier in the season. Watch The One Where No One's Ready, which is a strong contender for best episode of the series.

Season 4: Although it's tempting to pick one of the later episodes, once Ross names the wrong woman at his wedding, we say watch The One with the Embryos, where Monica, Rachel, Chandler and Joey have a competition to see who knows each other better.

Season 5: Monica and Chandler start hooking up at the end of Season 4, but they maintain a secret relationship for a significant portion of Season 5. Which is why we particularly enjoy the episode when everyone catches them at it, called The One Where Everyone Finds Out.

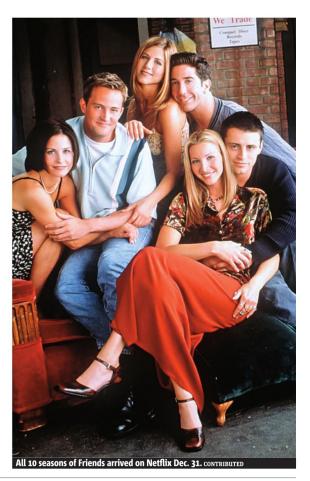
Season 6: This season builds to Chandler and Monica's engagement, but for true romance points, we prefer the doubleheader, The One That Could Have Been, about what would happen if various early plot points hadn't occurred.

Season 7: Remember Ben? Sometimes, it seemed like the show didn't, but every now and then the writers brought back Ross' son. In The One with the Holiday Armadillo, Ross decides to teach Ben about Hanukkah, but deciding to do so in costume last minute leaves him stuck dressing up as armadillo instead of Santa.

Season 8: Our pick for this season is a bit of a downer but, at the time, it was just plain funny. We're speaking, of course, of The One with the Rumor, which maybe didn't have the best gender politics, but milked quite a bit out of having Jennifer Aniston's then-husband, Brad Pitt, guest star

Season 9: We're going to go with The One with Rachel's Other Sister, wherein Christina Applegate joins the gang's Thanksgiving festivities as Amy, Rachel's self-centred, bratty sister.

Season 10: You could watch the finale to wrap up your Friends binge-watch, but we instead recommend The One with Princess Consuela Banana Hammock, which is the last episode to really traffic in the goofy hijinks the show was known for. After that, it focuses on wrapping up everyone's story lines.



Tackling tech in TV and film

Interview. Rapidly changing technology presents conundrums for series creators

On the twisty drama The Good Wife, oftentimes the most electrifying moments onscreen happen on another screen.

The past six seasons of the legal saga have indeed been fraught with more digital drama than a Sony email chain, with Julianna Margulies' titular lawyer near-constantly surfing a web of techno-emergencies.

Since the earliest episodes, the show's creators have endeavoured to nail the techdependent lives of lawyers, politicians and, well, pretty much everyone else. "It's hard to treat seriously shows that have a kind of an old view, like a 10-year-old view of social media," co-creator Robert King says. "We've always stuck with the idea of living in reality. The more real you make it, the better. And often these days, the bad news comes in the version of a text." And yet, correctly representing the degree to which many of us live lives within our phones is a vexing challenge. Representing it onscreen in a visually interest-



ing way isn't easy, and getting even a couple of details wrong is an invitation to ridicule. But increasingly it seems that taking on that challenge is not a choice — with the alternative being to look woefully out-of-touch, a speed-dated artifact.

On House of Cards, Kevin Spacey's smug political puppeteer conducts much of his Machiavellian manoeuvring via BlackBerry, and typically those messages are reproduced in large font across the screen. It's not a visual method favoured by King. "We've gone the opposite way of shows like House of Cards. That stuff is seeming very cliché to me, where there's a little bubble that pops up on the screen," explained King.

"It's much better to be in the point of view of the character finding the text. (We) see it actually through your character's eyes as they look down at their phone. We haven't done anything that I consider silly with little bubbles popping up on the screen."

In the series' second episode, Alicia found herself at a competitive disadvantage because — unlike younger competitor Cary Agos — she didn't yet possess a smartphone.

"Now, that seems insane," laughed King. "Now, if you go watch those episodes in the first season, they might seem a little dated about technology.

"It's just that technology's ability to change our lives is increasing with such dramatic speed. So each season of the show will feel a little bit like a time capsule." THE CANADIAN PRESS



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16 MONEY metronews.ca Monday, January 5, 2015

Get a handle on your net worth

Fresh start. If you want to do things differently this year, it's time to tally up what you own — and what you owe



GAIL VAZ-OXLADE Gail blogs daily at gailvazoxlade.com

Last year came and went faster than Usain Bolt. Whew! While a lot of people wrote and tweeted me to say they're finally taking control of their money, I also expect some lived like there would be no tomorrow and are now looking at a hot, stinky pile of, um, mess that they now have to clean up.

If you just couldn't figure out how to make your money work in 2014, consider this your opportunity for a new start. It's time to take another kick at the can.

I'm a great one for making mistakes. I used to think I had to be perfect. Then I had kids and realized I'd never be perfect again, so I decided I'd better get used to just being pretty great.

I'm not afraid of making mistakes — or getting caught — anymore. Now I just say, "I'm sorry," and move on to the next step, having learned from my mistakes.

Of course, learning from mistakes means first acknow-ledging what a big screw-up you've been. Have you found yourself running out of money between pays? Wondering why the debt just will not go away no matter how hard you try? Always seem to be in overdraft? Want things to be different this year?

Take a snapshot of where you are right now so you have a benchmark for measuring how you're doing throughout the year. Say hello to your net worth, which is a look at what

you own minus what you owe to see how much you realio, trulio, have got.

Fanatics do a net worth statement as often as every month. But you should have a life, so doing a net worth update every six months or so should suffice.

There are several net worth calculators on the web. If you want to use the one at gailvazoxlade.com, look under Resources for the Net Worth Statement.

Don't try to skew the results in your favour. The point of the net worth statement is to give you a realistic picture of where you are now so you can measure your progress.

People routinely include their personal effects as an asset. Don't. These aren't very saleable and you're just deluding yourself if you assign your things more value than you could ever realize from selling them. Ditto for collectibles unless you're in the biz. If you do believe you have something of value, have it appraised. Don't just guess.

One asset we like to push up the value on is our home. The house two blocks over just sold for \$1.7 million? Jeez, that puts you in a pretty good place.

But just remember, Ms. Happy-I-Own, unless you're planning to sell that home and move somewhere cheaper, those assets are going to be tied up for a long time. Don't get over-enthusiastic about real estate values, particularly in an up market. Feeling smug to the point of not building other assets, say for retirement, isn't the point of the net worth statement.

While the current value of

your pension plan is an asset, it can be challenging putting a present-day value on that future income. So for your net worth statement, include the amount you could withdraw if you changed jobs.

On the liabilities side of the equation, don't forget to include your overdraft (if you're in it), buy-now-pay-later purchases on which you still owe money (even if it isn't due yet), back taxes, money you've taken from your RRSP to buy a home or go to school, and (heaven forbid) pay-advance loans.

Having taken this snapshot, you're going to use it as your guide for moving forward. As long as you're paying down your debt and adding to your savings, your net worth will keep going in the right direction.

Don't forget the interest

- If you really want to be realistic about what you owe, you will also include the interest costs associated with your liabilities.
- If, for example, you have a car loan for \$24,000 over 72 months at five per cent interest, you should add that \$3,800 in interest to your liabilities. There are loan calculators on the Internet to help you do this.

Tracking your net worth will also help you see how you're progressing toward your goals.

Trying to build up a down payment for a home? Want to take full advantage of the Canada Education Savings Grants for your kids? Setting a goal for what you want to accomplish will make it much more likely to happen. Using your net worth statement to track your progress keeps the goal front and centre in your decision-making.

A net worth statement is also invaluable when it come to things like deciding how much insurance will be enough or estimating your retirement income as you close in on D-day. As for checking your progress, as long as your current liabilities are covered by your current assets, you've got a good base from which to build

Owe more than you own? Don't become disheartened. The point is to make a plan for changing what you're doing so your next net worth update shows progress. Do nothing different and you can expect to be no further ahead the next time the calendar clicks over.

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Nutrition

Obesity doesn't always mean poor health: Study

U.S. scientists encouraged 20 obese people to eat extra fast food for several months, and found that about a quarter stayed in good health despite the additional pounds they gained. Subjects were encouraged to eat 1,000 extra calories per day. AFP



Hard living. Thousands apply for paintball-testing position

Some 10,000 people from around the world have applied to be shot at as a paint-ball bullet tester, according to the British company posting the job advertisement.

UKPaintball, which has more than 60 paintballing venues in Britain, said it was stunned by the response to its search for a "human bullet impact tester"

Candidates from not just

Britain, but as far away as Canada, the U.S. and India have applied for the \$72,000 a year job testing the impact of paintballs. "This incredible response is the last thing we expected when we posted the advert," said UKPaintball owner Justin Toohig. "We couldn't have predicted that so many people in the U.K. and beyond would want to get shot for a living." AFP

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metronews.ca Monday, January 5, 2015 **FOOD**



Shake up Middle Eastern street food

Chicken Shawarma.

This fast food can be made a bit healthier in vour kitchen



ROSE REISMAN rosereisman.com or follow her on twitter

Traditional shawarma, a Middle Eastern delicacy, consists of a meat such as lamb, chicken, beef or veal placed on a spit and grilled for as long as a day. The meat is shaved off as needed for sandwiches or wraps, dipped back in the fat drippings and often served with tahini or hummus.

It's delicious, but often high in calories and fat due to the skin and fat drippings being consumed. Try my version served in a pita and made with lean chicken breast.

Directions

- 1. Combine the hummus, lemon juice, sour cream, garlic, salt and pepper in a small bowl. Set aside.
- 2. Place the chicken breasts between 2 pieces of waxed

LASH FOOD



From your fridge to your table in 30 minutes or less

paper, pound each one flat and cut into thin strips. Coat the chicken strips with the flour. Lightly coat a nonstick skillet with cooking spray and set over medium-high heat. Add the oil and onion and sauté

for 5 minutes or just until

- 3. Add the sliced chicken and sauté for 10 minutes, stirring constantly, until the chicken is no longer pink. Respray the pan if necessary.
- **4.** Slice each pita in half. Divide the chicken and onion mixture among the half-pitas. Sprinkle with tomatoes, cucumber and cilantro and spoon the hummus sauce over the pitas.

Ingredients

- 3/4 cup store-bought or homemade hummus
- 1 1/2 tbsp lemon juice
- 2 tbsp low-fat sour cream
- 1 tsp finely chopped garlic • Pinch of salt and pepper Chicken
- 12 oz skinless boneless chicken

breasts (about 3 breasts)

- 1/4 cup all-purpose flour
- 2 tsp vegetable oil
- 1 1/2 cups sliced onion

Pitas

- 4 large pitas
- 1/2 cup chopped tomatoes
- 1/2 cup chopped cucumber
- 1/4 cup chopped cilantro

Nutritional information

Per serving (1/2 pita): 212 calories, 25 g carbohydrates, 3.8 g fibre, 14 g protein, 6.7

q total fat, 1.3 saturated fat, 25 mg cholesterol, 240 mg

metr⊕ **WORK & EDUCATION**

Harnessing the potential of an online presence

Career. Learn to leverage the power of social media to help take your career to the next rung of the corporate ladder

MARIANNE Metro in New York City These days, it's hard to find someone who isn't on social media. It comes as no surprise that one 2014 Pew study found that 74 per cent of online adults use social networking sites. But are you leveraging social media to take your career to the next level?

According to a recent Jobvite survey of nearly 2,000 recruiters, more than half said they'd reconsidered a candidate based on their social profile. What's more, 94 per cent use LinkedIn to recruit new employees. This begs the question: How can you utilize social media to land the job of your dreams?

Here to weigh in is Caity Kauffman, social media and digital marketing manager for the Tampa Bay Lightning. At 25, Kauffman is living proof understanding

media pays off. In fact, she used connections made on Twitter to secure her first job out of college. Since then, she's cultivated a loyal social media following and is considered an up-andcoming millennial voice in Tampa Bay.

Here are a handful of Kauffman's most valuable tips for upping your career through

A GREAT SCHOOL FOR A REWARDING



According to Kauffman, a lot of students new to the job force hide from Google. She actually suggests doing the exact opposite.

- "If I'm trying to look up a possible intern and I can't find them, that makes it look like they either haven't done anvthing or they're hiding something," she says.
- Instead, be open to being searchable. Creating a basic website can be an excellent way of getting your name to rank in Google. It also pulls double duty by showcasing your talents and skills. In short, when potential employers Google you, you want good things to pop up.

Tweet your resumé

It may sound a little out there, but tweeting your resumé can be a great way to get exposure. For Kauffman, doing this actually led to a job producing a Sirius XM radio show. (Thanks to a retweet.)

"I actually gave the same advice to a girlfriend in Philadelphia," says Kauffman. "She tweeted out her resumé and an ad agency found her and hired her as a junior copywriter.'

Creating an online portfolio of your work is another little thing that can have a big impact. It's also easy to promote on social media and paints a more complete picture of your skill set, especially since a resumé is typically only one page

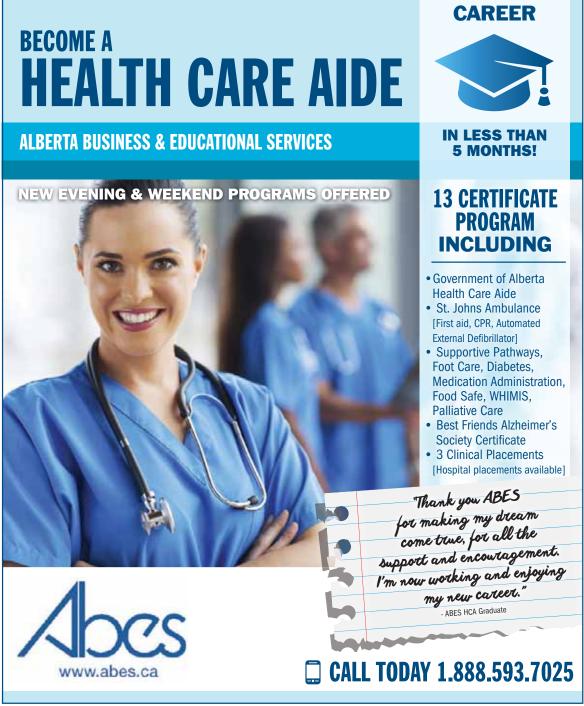
Reach out to new contacts (without being creepy)

Got your eye on a potential new contact you're itching to connect with? The last thing you want to do is come on too strong, which can spoil the relationship before it even begins.

Instead, Kauffman advises starting off slowly. Begin by following the person on social media, gradually commenting and retweeting wherever you can. This opens the door for some interaction.

"Engage with them naturally as if they have nothing to offer you," says Kauffman. "Once they start tweeting back and you have a couple of back-andforths, I would send them a DM or email if possible."

The worst thing you can do at this point is ask them how they can help you. Instead, just ask them to grab coffee so that you can learn from their experience. In other words: Don't treat them like a stepladder. If you're eager and motivated, Kauffman says, most people will want to help you. So focus on building relationships slowly before you start asking for





metronews.ca Monday, January 5, 2015 **WORK & EDUCATION**

We love our web

Email, Internet remain top workplace tools: study

Americans see email and the Internet as the most important tools for productivity at work, and still prefer landlines over cellphones for the office, a study showed Tuesday.

The Pew Research Center found 61 per cent of those surveyed cited email as "very important" for their jobs and 54 per cent said the same for the Internet.

The figures were even higher for office-based workers.

More than one in three surveyed said the landline phone was an important tool for work, compared with 24 per cent for a mobile or smartphone.

And despite the rise of social networks like Facebook and Twitter, just four per cent in the survey said these platforms were important for the workplace.

"Email is to the digital age what stonesharpening tools were in the prehistoric age," said Lee Rainie, director of Internet, science, and technology research at the Pew Center.

"Email has proven its worth on the job as the foundational 'social media' day by day even as rival technologies

"It was the killer app 45 years ago for the early Arpanet and it continues to rule workplaces despite threats like spam and phishing and competitors like social networking and texting."

Contrary to concerns that technology is a distraction, the survey found 46 per cent said digital tools made them more productive, compared with seven per cent who said their productivity fell.

Half of the respondents said technologies allowed them to expand the number of people with whom they communicate, and 39 per cent said they had more flexibility at work due to digital tools.

But one in three said the new landscape increased the time they spent working.

Make your Facebook profile ready for the clicks of any creeping colleague

Career. Sweep up your social media presence by taking these tips into consideration

LAUREN MARINIGH

You have heard it time and time again: be aware of what you're posting on Facebook, because once it's out there, there is no turning back.

Employers are becoming more and more socially active, so doing a social screening before media even contacting you for an interview is now standard practice.

How do you make sure that your Facebook profile is job-hunt ready? Here are some tips.

Start with the obvious: delete everything off your Fa-cebook profile you wouldn't want an employer to see.

Photos are the best place to start.

While they may remain in Google search results for a while, getting unprofessional photos off your profile stops them from going any further.

Go through all your albums, notes and pages that you have liked as well.

Make sure to remove anything you wouldn't want people outside your friend circle to stumble upon.

Also go through your friends and see who has tagged you in photos that you no longer want to be posted, request they take them down, and un-tag yourself.



nt future employers may find by cleaning up your Facebook profile to feature only those people you associate with regularly. 1STOCK

to the appropriate setting.

Make sure that nonfriends only have access to information you want to

Double-check your privacy settings each time you post, as some posts can default to appearing to all users, not just your net-

With Facebook's constant updates, it's hard to keep track of how these settings may change.

Keeping your Facebook profile clear of anything that may halt a hiring manager is key to career suc-

Don't ignore it and hope no one checks — you may be forgetting something that you posted years ago.

Always give your Facebook profile a regular scan through, and update.

Make it a regular part of curating your online pres-

Un-friend

Go through the list of connections you've collected over the years on Facebook. Un-friend anyone that may make you look bad.

Just because your profile may be closed and private, that doesn't mean theirs is.

A good rule of thumb to start cleaning your friend list out: think about the last time you talked to them.

If you can't remember when, where or why, it's probably time to go.

Update your privacy settings

Leaving privacy settings on "default" will likely open your Facebook profile to the outside world.

Go through each setting within your privacy settings and make sure they are set

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Think first, post later

Although it's impossible to go back and tell yourself not to post something, you can exercise some caution moving

- Think about your goals as a job-seeker or professional before you post anything. This includes photos, wall posts on friends' walls, statuses, etc.
- If you wouldn't want an employer to read it, don't post it.
- Set up your timeline and tagging settings so that you will have to approve anything you are posted in before it goes up on your profile.

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NHL

Sharks' Thornton placed on shelf

The San Jose Sharks have placed centre Joe Thornton on the injured list with an upper-body injury.

The Sharks made the move Sunday. Thornton will miss at least the next two games in Winnipeg and Minnesota on Monday and Tuesday, respectively.

Thornton had his streak of 319 consecutive games played snapped when he sat out Saturday against St. Louis. That was his first game missed since Nov. 11, 2010, when he served the second game of a suspension for an illegal hit.

Thornton has nine goals and 24 assists this season.

THE ASSOCIATED PRESS

Stuart Scott

ESPN personality dies of cancer

Stuart Scott, the Sports-Center anchor and ESPN personality known for his enthusiasm and ubiquity, died Sunday. He was 49.

Scott had fought cancer since a diagnosis in late 2007, the network said, but remained dedicated to his craft even as he underwent chemotherapy, radiation and surgery.

ESPN president John Skipper said in a statement that Scott was "a true friend and a uniquely inspirational figure" and that his "energetic and unwavering devotion to his family and to his work while fighting the battle of his life left us in awe, and he leaves a void that can never be replaced." THE ASSOCIATED PRESS

UFC

Jones: Change in program to spur improvement

The best fighter in mixed martial arts is about to get better.

Fresh from dispatching former Olympic wrestler Daniel (DC) Cormier via unanimous decision at UFC 182, light-heavyweight Jon (Bones) Jones said living year-round in his training base of Albuquerque, N.M., will take him to the next level.

Next up will be either Alexander (The Mauler) Gustafsson or Anthony (Rumble) Johnson, who meet Jan. 24 in Stockholm. THE CANADIAN PRESS



Romo rallies 'Boys for comeback win

NFL playoffs. Dallas, Indianapolis, Baltimore, Carolina all win during wild-card weekend

In their first playoff game in five years, the Dallas Cowboys needed a rally and some clutch

They got them in beating the Detroit Lions 24-20 Sunday in an NFC wild-card game — along with a key reversal on a pass interference penalty.

Tony Romo threw two touchdown passes to Terrance Williams, the second for eight yards and the winning points with 2:32 to go. That brought the Cowboys (13-4) back from a 14-point deficit.

"You just have to stay in the moment and understand the game," Romo said. "It doesn't end after the first quarter, second quarter. There's a long way to go and it wasn't going well, but usually things dissipate a little bit; it's not quite as crazy as it is early. You just have to keep calm. I've played enough games to understand that. Maybe I didn't do that as well when I was younger."

Next is a trip to Green Bay, their first visit there in the



post-season since the Ice Bowl loss to the Packers in 1967.

The Lions (11-6) went 99 yards for one of two first-quarter touchdowns. They had the ball and a three-point lead in the final period when officials reversed without an explanation a pass interference penalty against Cowboys linebacker Anthony Hitchens.

That led to a fourth-and-

Lions coach Jim Caldwell said he got an explanation, but didn't like it. "Not good enough," he said.

Detroit punted but Sam

Martin's kick went only 10 yards, and Dallas headed the other way.

Romo took the Cowboys 59 yards in 11 plays, including a 21-yard pass to Jason Witten on fourth-and-six. The winning pass was thrown after Romo bought time behind his offensive line.

Earlier in the day, Andrew Luck threw for 376 yards and a touchdown as the Indianapolis Colts beat the Cincinnati Bengals 26-10.

The Bengals became the first team in NFL history to lose four consecutive opening-

round playoff games.

They also are 0-6 in the post-season under coach Marvin Lewis, 0-4 with Andy Dalton at quarterback.

"In the big moments, the guys that are our big guys have to make the plays," veteran left tackle Andrew Whitworth said. "You see it every week. You look at the teams that win, their top guys make the plays that get them where they've got to go. It'll be no different here. When we get in those situations, our big players have to make huge plays."

On Saturday, the Baltimore Ravens beat the Pittsburgh Steelers 30-17, while the Carolina Panthers downed the Arizona Cardinals 27-16.

THE ASSOCIATED PRESS

Divisional playoff round

- Baltimore at New England, Saturday, 4:35 p.m.
- Carolina at Seattle, Saturday, 8:15 p.m.
- Dallas at Green Bay, Sunday, 1:05 p.m.
- Indianapolis at Denver, Sunday, 4:40 p.m.

Y SFORTS



The Lightning's Brett Connolly fights through checks from Senators Mark Stone, left, and Kyle Turris during Tampa Bay's 4-2 win on Sunday night at Canadian Tire Centre. SEAN KILPATRICK/THE CANADIAN PRESS

NHL. Short-handed Sens dropped by Tampa Bay

Tyler Johnson had two goals and Nikita Kucherov had two assists Sunday to lead the Tampa Bay Lightning to a 4-2 win over the Ottawa Senators.

The Lightning took a 3-2 lead into the third period and increased that to 4-2 at the 7:58 mark on Johnson's second goal of the game, just three seconds after Chris Phillips emerged from the penalty box to put an end to the Lightning power play.

The Senators played out the game shorthanded as their captain Erik Karlsson took a double minor in the dying minutes for hooking and then unsportsmanlike conduct.

The Lightning (25-12-4) also got goals from Victor Hedman, who also had an assist, and Steven Stamkos. Ben Bishop made 20 saves and



improved to 6-0-2 against his former team.

Ottawa (16-15-7) got a goal and an assist from Kyle Turris, along with another goal from Mark Stone, but saw its two-game winning streak come to an end. Robin Lehner made 26 saves.

The Senators would have been hard pressed to get a better start than they did Sunday when Turris scored just 32 seconds into the first period. THE CANADIAN PRESS

No pity from Petan as Canada tops Slovakia

World juniors. Delta, B.C., forward's threegoal display helps send hosts into gold-medal clash with rival Russia

Canada didn't roll over Slovakia, and that might be the best thing to happen to this team at the world junior championship.

Facing adversity and nervous tension for the first time all tournament, Canada gutted through a tough game and eventually pulled away for a 5-1 on Sunday night in Toronto. Russia awaits in the gold-medal game.

During the third period, chants of "We want Russia" and "We want gold" echoed through Air Canada Centre. The rivalry with Russia gets another chapter Monday night.

"It's the best thing for all of the hockey community, for business," Russian coach Valeri Bragin said. "Russia-Canada: hockey classic."

Stopped at many turns by Slovak goaltender Denis Godla, Canada may be betterprepared for Russia than it would have been had it won easily. Canada hasn't trailed in any of its games and took an easy road through Denmark to reach the semifinals.



Nic Petan scores his second-period goal on Slovakia goalie Denis Godla during Canada's 5-1 win on Sunday night in Toronto. Petan scored in each period, completing the hat trick. FRANK GUNN/THE CANADIAN PRESS

Semifinals



1

:anada

• Patriotic games. The IIHF

said Hockey Canada is responsible for world junior ticket prices.

 Tickets for group stage games in Montreal started at \$71 and ranged to \$336 for the New Year's Eve game between Canada and the United States, which drew 18,295 fans to the 21,273-capacity arena.

 IIHF president Rene Fasel said if those prices were in place for a tournament in Europe, there would be nobody in the arena.

Led by Godla and his 39 saves, Slovakia proved to be a tougher opponent. But Nic Petan had a hat trick, Shea

Theodore and Anthony Duclair each added a goal, Connor Mc-David recorded three assists and Zach Fucale made 14 saves to ensure the end of Canada's world junior medal drought that dated back to 2012.

THE CANADIAN PRESS



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PLAY

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

↑ Aries

March 21 - April 20

If you get in a fight with someone who is bigger or better connected than you, you will undoubtedly lose, so back off.

Taurus April 21 - May 21

You don't have to apologize for something you said that rubbed a friend or relative the wrong way. They've said plenty of things which you chose not to make an issue of.

∐ Gemini

May 22 - June 21

The more you worry about a money problem the more power you give it, so put it out of your mind and focus on something more positive.

9 Cancer

June 22 - July 23

It's unlikely you will be feeling your best today but that's OK because friends and family will go out of their way to cheer you up.

Ω Leo

July 24 - Aug. 23

If you think you have to come first or be best at everything you may end up exhausted. The important thing is not the winning but the taking part.

W Virgo Aug. 24 - Sept. 23

If you stand against the winds of change you will almost certainly be blown away. So why not work with them instead? Don't resist when fate nudges you, or throws vou, in a new direction.

△ Libra

Sept. 24 - Oct. 23

There are so many changes taking place now that you may feel a bit insecure. That is not an excuse to start feeling sorry for yourself. Step up and show your leadership qualities.

M Scorpio Oct. 24 - Nov. 22

Keep things simple, especially if you are on the move. Travel and social plans could easily go wrong, so give yourself plenty of time.

プ Sagittarius Nov. 23 - Dec. 21

You will have to loosen your hold on something you cherish. It may be painful to begin with but it won't be long before you feel a real sense of freedom.

17 Capricorn

Dec. 22 - Jan. 20

Chances are you won't be at your best as the week begins. The good news is you will go to the other extreme midweek and have the time of your life.

> Aquarius

Jan. 21 - Feb. 19

Do something exciting over the next 24 hours, something that makes you smile even if it may take a little more effort than usual.

H Pisces

Feb. 20 - March 20

Certain things in your world are changing and there is nothing you can do to stop it. Be positive and believe that what happens is for the best, for you and for everyone.

Crossword: Canada Across and Down by Kelly Ann Buchanan

12

Across

1. Intend to 5. Play-

8. Go- (Fun racer) 12. Mr. Sagan's 13. Journey's "

You Want It" 14. Sailor's sheltered

side

15. William Shakespeare: 3 wds.

17. Sisters

18. Ready to swing in baseball: 2 wds. 19. Crosswords:

2 wds. 21. Salon product

22. Abner, et al. 24. My friend (Eng-

lish) = __ ami (French) 25. 'Diet' suffix

27. Steven of CBC's "Steven and Chris"

31. Country in Central Asia where Tashkent is the capital

35. Quasi

36. Awaken

37. Cereal grass 38. Yarn bundle

39. Research facil. 40. Toronto team that won the Stanley Cup in 1914

42. Remove the cuffs: 2 wds.

44. Cardinal point

45. Getaway 46. Ginger cookie

48. Spinning stat. 51. Grow operation plant

55. Not _ out of place

25 26 29 33 40 42 43 58 61 62 60 63 65

57. Excited 58. Strappy shoes

60. ZZ Top song of 1975 61. Antiquity

62. Outlandish occurrence

63. Fire up 64. John of "Touched by an Angel'

65. Salts, in a Montreal restaurant

Down

1. Parliament Hill: Sculpture of Queen Victoria in The Senate

Chamber: 2 wds.

2. Earth goddess in

Das Rheingold 3. "...and she's you." - Honeymoon

Suite, "New Girl Now" 4. Bounced cheque acronym

5. Swiss Alps city before... 6. Due (Submission info)

7. Chris of CBC's "Steven and Chris' 8. Alberta: __Country (Nicknamed K-

Country, scenic area is just west of Calgary) 9. Reunion attendee 10. Actor Mr. Auberionois

11. D'Urbervilles heroine

12. Ms. Blanchett

15. Purse 16. Pointy tool

20. Chewed gum shape

23. Pierre's 'here' 26. Practice run in

aviation: 2 wds. 27. Fill

28. Hoofed animal prints: 2 wds.

29. Leave out 30. Breaks a com-

mandment 31. Mr. Geller's

32. 'In the 2003 Britney Spears

album 33. Exclusive 34. Sigma's alpha-

betic follower 38. Like the stuff at

#5-Across [var. sp.] 40. Perplexed 41. GBS part (Can-

adian band) 43. Pre-1947 British

rule in India 46. Sneering

47. Grandma 49. Medieval weapon

50. Married title 51. Multiplication,

52. Chill 53. Santa ___, California

54. " _ McBeal" 56. Cart along 59. President after

Richard Nixon ...his initials-sharers

See today's answers at metronews.ca/answers



onceptis Sudoku by Da

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

E 1 0 E 4 2 2 7 9

5	1	9	0	4	2	3	1	Ø	
4	2	7	8	1	3	6	5	9	
3	8	6	5	7	9	4	1	2	
1	9	5	3	6	4	8	2	7	
7	4	8	1	2	5	9	6	3	
2	6	3	9	8	7	5	4	1	
6	5	1	7	9	8	2	3	4	
9	7	4	2	3	6	1	8	5	
8	3	2	4	5	1	7	9	6	

4 9 6 3 1 2 2 9 5 8 5 1 2 8 9 2 7 9 2 6 5 1 7 8

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